



Your prescriptions

Get the most from your medication



Taking your medication as directed helps you stay healthier. These tips can keep you on track.

Fill your prescriptions on time. With more than 68,000 locations, there's always one nearby, and many offer online accounts or services to automatically refill your medicines.

- **Pick up your refills at any Network Pharmacy.** Choose from more than 68,000 pharmacies in the 30-day network and 30,000 in the 90-day network
- **Get your 90-day supply of medication from a Retail-90 pharmacy.** To find one, go to info.caremark.com/stateoftn. Click on "Retail-90 Pharmacy List" to choose one of the many locations nationwide. When you fill a 90-day supply of your eligible medicines through mail order or at a Retail-90 pharmacy, you may have a lower copay or coinsurance*, depending on your health plan
- **Have refills delivered to your door.** You'll pay just one copay for a 90-day supply with no-cost shipping from CVS Caremark® Mail Service Pharmacy. Many retail pharmacies offer delivery as well
- **Let us manage your refills.** Sign up for automatic refills at [Caremark.com](https://caremark.com) or in our mobile app

Stick to the schedule prescribed by your doctor. This helps your medicine do its job and prevents hospital visits. Talk to your doctor or pharmacist if you have questions.

Start a reminder system. Set your mobile device or computer to tell you when it's time to take your medication. Writing reminders on sticky notes or your calendar works, too.



Get help for side effects.

If you have any side effects, don't stop taking your medication. Call your doctor or contact a pharmacist with the *Ask a Pharmacist* tool at [Caremark.com](https://caremark.com).

To learn more, go to info.caremark.com/stateoftn or our mobile app.

Adherence to your medication as prescribed by your doctor may greatly improve health outcomes. A 90-day supply may also save you and your plan money.

*Copayment, copay or coinsurance means the amount a member is required to pay for a prescription in accordance with a Plan, which may be a deductible, a percentage of the prescription price, a fixed amount or other charge, with the balance, if any, paid by a Plan. Your privacy is important to us. Our employees are trained regarding the appropriate way to handle your private health information.